



An arts-based guide through the journey of caregiving

6 weeks

1.5 hours

\$65/hour

*Covered by most insurance plans

What you can expect:

- Learn about topics like grief & burnout and leave with resources to support you.
- Connect with others in similar circumstances fostering connection and important conversations.
- An activity each week to allow your creative juices to flow while exploring a variety of topics related to the experience of caregiving

Register now to secure your spot!

To do so, please reach out however you'd prefer.

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Matters**